

Soul Journey: Destination Guatemala

Revive - Remember - Awaken

June 25th - June 30th, 2024

A transformative experience where you will connect deeply to yourself, your fellow travelers, and the sacred land, enchanted spirit, and radiant people of Guatemala.

After witnessing over 100 people ages 6-74 transform through Soul Journeys, we believe that when you join us, your soul will awaken, and you will see new possibilities for your life and your contribution to the world we are co-creating.

When we take bold steps to fan the flames of inspiration that burn inside each of us, we become beacons of light for the rest of humanity.

Join us in building the YOU and the WORLD you have only dreamed of...



Wakami and Maria

We will be traveling with members of the Wakami team. Wakami is a social enterprise started by the amazing Maria Pacheco. Maria created Wakami after working in an area devastated by war, poverty, and malnutrition. There, Maria met a local woman, Doña Santa, who was struggling with a sick child that appeared to be dying.

Maria told Doña Santa she needed to take him to the hospital, and Doña Santa answered: **“Maria, I have 4 dollars for the rest of the month. My choice is whether to take this child to the hospital or to feed my other 5 children for the rest of the month.”** And so Maria asked: *“How can I help you?”* And Doña Santa answered: *“If you can sell what we produce, the rest we can do.”*

For Maria, this changed everything. She has dedicated her life to creating ways for women to earn a sustainable income by providing market access to vulnerable communities in Guatemala to transform poverty cycles into cycles of prosperity. To learn more about Maria (with me in the photo below) and our incredible partners, visit their website [here](#).



Here's a glimpse of what awaits you

1. **Cultural Immersion:** Discover the heart and soul of rural life as you engage with local traditions, art, music, and cuisine. You'll forge connections with the warm and welcoming people who call these communities home, gaining insights into their way of life and the challenges they face.
2. **Empowerment Workshops:** You will engage in hands-on workshops where you'll have the opportunity to share your skills and knowledge while learning

from our partners at Wakami. You will leave inspired by the women who were able to transform their families' lives and break the cycle of poverty.

3. **Meaningful Connections:** Forge connections that transcend borders and languages. The friendships you form with fellow travelers and community members will be cherished for a lifetime.

4. **Wellness & Spiritual Coaching:**

To honor the profound nature of this personal development journey, we provide dedicated personal time and group facilitated conversations with a wellness coach to navigate emotions and desires. We prioritize meaningful conversations before, during, and after the experience, fostering connection within the community. Our aim is to support you in integrating this transformative journey into your daily life, ensuring its lasting value.



The Magic of Guatemala

Diverse Landscapes: Nestled in the heart of Central America, Guatemala boasts an astonishing range of landscapes that will leave you in awe. From pristine lakes to dense jungles teeming with vibrant wildlife and from the dramatic peaks of volcanoes to the tranquil beauty of tropical rivers, Guatemala offers a sensory feast for nature enthusiasts and adventurers alike. Our carefully curated itinerary takes you off the beaten path to discover hidden gems and natural wonders.

Eternal Spring: Guatemala's nickname, the "eternal spring" country, reflects its enviable climate. In this paradise, you can bask in comfortable temperatures and soak up the splendor of your surroundings no matter the season.

A Tapestry of Culture: Delve into the captivating tapestry of Guatemala's cultural heritage, a living testament to its rich history spanning over 3,500 years. Encounter the vibrant traditions of 21 Mayan ethnic groups, as well as the Xincas, Garífunas, and Ladinos, whose unique stories and languages intertwine to create a truly multicultural and multilingual society. From savoring delicious local cuisine to participating in heartwarming activities that connect you with the traditions of different communities – you will engage in a celebration of unity, diversity, and the human spirit.



Official Itinerary (not finalized, but close!)

June 25

Arrival, stay at the Adriatika Hotel in Guatemala City

June 26

Wakami picks up travelers at Adriatika Hotel around 10am

Visit Regenerative Farm in

Welcome & Dream Workshop

Magical Welcome Dinner

June 27

Early breakfast at Hotel Santo Domingo

Transfer to San Jose Poaquil, Chimaltenango

Activity with Girls' Clubs

Lunch in Tecpan

Transfer to Panajachel, Lake Atitlan

Dinner at TBD

Lodging at Hotel Villa Santa Catarina (or similar option)

June 28

Transfer by boat to San Juan La Laguna

Community tour and exchange

Free time to explore San Juan La Laguna

Transfer by boat to to Panajachel

Dinner at Casa Palopo

Lodging at Hotel Villa Santa Catarina (or similar option)

June 29

Transfer to Antigua

Visit the Wakami Embassy in Antigua Guatemala. Activities:
Workshop - making of personal bracelets accompanied by Wakami's team, Closing with the Circle of Light, a visualization activity.

Check in at Casa Santa Domingo

Free afternoon

Farewell magical dinner

Lodging at Casa Santo Domingo

June 30

Departure schedules TBD

Wellness Coaching



Group facilitated wellness calls on Zoom: 2/13, 3/12, 4/9, 5/14, 6/11, 7/9

Trip Logistics

First, you'll arrive at La Aurora Airport in Guatemala City and you will stay at a hotel close to the airport for a night. We currently stay at the [Hotel Adriatika](#) (hotel is subject to change based on rates/availability).

Upon waking, our official trip itinerary will begin, and we'll head to Colonial City, Antigua, Guatemala, Chimaltenango, where Wakami's regenerative agriculture

farm is located, and later to Lake Atitlan in Solola, one of the most beautiful lakes in the world – among other unique locations.

Lodging - We will be staying at...

[Casa Santa Domingo - Antigua.](#)



[Hotel Villa Santa Catarina - Panajachel/Lake Atitlan](#) (or similar option)



Lodging:

Your fee covers rooms with double occupancy. Singles are available at an extra fee of \$65 per night for a total additional cost of \$325.

Transportation:

We will be picked up and accompanied by the Wakami team at 10 am on Wednesday, January 12th, and shuttled via a passenger van to all our destinations.

Cost:

The cost of the Soul Journey experience is \$2500 and includes wellness coaching (individual & group), lodging from Tues-Saturday (depart Sunday), transportation, activities, and most meals. We have worked in free time throughout the trip, where you are responsible for your meals.

Flights, alcohol, and souvenirs are not included.

Vaccine/entry requirements:

Passports must be valid up to 6 months AFTER your return date and it is no longer necessary to show proof of vaccination or a negative Covid test!

Journey Guides

Alexandra Cerezon

(Official bio coming) With a Fashion Design degree and a decade of diverse experience, Ale is a multidisciplinary expert who thrives on growth in every project. A leader, mentor, and fundraiser, she is a force for positive change, aiming to build a world of unity, equality, and respect for the Earth. Passionate about collaboration, Ale works with aligned changemakers to initiate projects aligned with her vision of a healthier world. Beyond work, Ale enjoys discussing books, practicing yoga, and embarking on hikes.

Kara Valentine

Visionary Social-Impact Entrepreneur Kara Valentine is a consummate force for transformative action. Widely recognized as an innovative thought leader and impassioned humanitarian, Kara revolutionizes the way we perceive leadership, foster connection, promote inclusion, and collectively elevate the authentic human experience. As Co-founder of social enterprise Threads Worldwide, Kara helped trailblaze a global movement to empower women by provided life-changing opportunities through the fair trade of artisan jewelry. Inspired by her two beautiful daughters, Kara stands out as a beacon of possibility in an era where authentic leadership is needed more than ever. Her journey exemplifies the power of combining human passion, purpose, and collaboration to drive meaningful change and reshape the landscape of leadership, one heart-centered collaboration at a time.

Klaudia Burian

Klaudia is a National Board Certified Health and Wellness Coach, and a Certified Functional and Integrative Nutrition Health Coach with a focus in Emotional Eating and Mindset. She loves the intimate trust and rapport she builds with her clients as they travel on a wellness journey together; physically, emotionally and spiritually. She finds great joy in helping others rediscover, and tune in, to their unique vision for their life, and together build the health, spirit and vitality they have always dreamed of. Whether new to personal development or well along your path, her unique and holistic approach can support and align you with healthy nourishment for your individual needs, on and off the plate. She is thrilled to be a part of this vibrant team and excited to support you in weaving this experience into your already amazing life and ecosystem, and awaken the YOU you've always dreamed of.

Maria Pacheco

(Official bio coming) Maria Pacheco is the Founder of Wakami, a socially- and environmentally-minded fashion accessories brand that enables women in Guatemala, and other countries facing similar economic challenges, to export handmade accessories created with ancestral Mayan weaving techniques to 20 countries.

*Are you ready to be a part of
something truly remarkable?*

Sign Up:

To secure your spot, visit <https://bit.ly/souljourneyjune>. Once your form is received, we will contact you for payment.



Join us on this unforgettable journey of exploration, connection, and empowerment.

Wishing you a world of possibilities,

Kara Valentine